

Montana Chef Competition 2005

Culinary Excellence Award

Bronze Class: Dessert

Recipe Name: Vanilla Soufflé with Vanilla Crème Anglaise

Chef: Executive Chef Scott Burst, CC

Restaurant: [Creoles](#)



Chef Profile:

Scott Burst, CC, Executive Chef of [Creoles](#), 119 N Broadway, Billings, received a Bronze Class award in the Culinary Excellence Award program held recently at Buck's T-4 Lodge in Big Sky.

Burst, CC has been at [Creoles](#) for one year. His Bronze Class award was in the Dessert category for a creation titled *Vanilla Soufflé with Vanilla Crème Anglaise*. (See recipe.)

His advice to aspiring cooks: "Once you bake them, work quickly, as they will start to deflate. Never rush it; let it go at its own pace, and it will always turn out better."

Yield: 4 portions

Montana Products: [Meadow Gold Dairy – butter, milk, heavy cream](#)

<i>Vanilla Souffle</i>	
<i>Ingredients:</i>	<i>Amount:</i>
All-purpose flour	1 oz.
Meadow Gold Dairy Butter	1 oz.
Meadow Gold Dairy Whole milk	1 1/3 oz.
Meadow Gold Dairy Butter	As needed
Sugar, granulated	As needed
Egg yolks	3 each
Pure vanilla extract	1 tsp.
Egg whites	3 each
Sugar, granulated	1 oz.

Method:

1. Work flour and butter into smooth paste.
2. Scald milk and add ½ oz sugar. Remove from heat.
3. Add flour paste to milk and sugar, whisk vigorously.
4. Return to heat and bring to a boil while whisking. Simmer for 5 minutes or until thickened.
5. Place in a mixing bowl, cover and cool for 10 minutes.
6. Quickly beat egg yolks and vanilla into the milk mixture.
7. Beat egg whites to soft peaks, add ½ oz. sugar beat until firm.
8. Fold egg whites into the mixture.
9. Lightly butter the soufflé bases and pour the mixture to the top.
10. Level the bases and bake in a water bath for 15 minutes.

<i>Vanilla Crème Anglaise</i>	
<i>Ingredients:</i>	<i>Amount:</i>
Liquid egg yolks	6 oz.
Meadow Gold Dairy Heavy cream	16 oz.
Sugar, granulated	1 cup
Pure vanilla extract	2 Tbsp.

Method:

1. Whisk egg yolks and sugar until smooth
2. Scald the cream, remove from heat.
3. Whisk the egg/sugar mixture into the scalded cream.
4. Place over double boiler until it coats the back of the spoon.

Garnishes:

The plate will be eloquent yet simple. I will garnish with a Vanilla Crème Anglaise and a sprig of Mint.

Presentation / Plating Notes:

1. Place the soufflé in the center of the dish on a bit of Crème Anglaise to keep it from sliding.
2. Squirt the Crème Anglaise lightly over the top and garnish with a sprig of mint.